

TUKWILA SENIOR SCOOP

A PUBLICATION OF TUKWILA PARKS AND RECREATION



Duwamish Curb Cafe' March Menu, pg. 4
Book Group, pg. 2

Staying Safe - Staying Connected

Hello Friends,

As we March into spring, I hope the sound of birds singing in the morning, flowers popping up in the garden, and longer days of light help to keep your spirits up during these crazy COVID times.

I'm pleased that we've been able to offer select services throughout the past year, and I'm **very** happy that we're beginning to offer more in-person activities, as well as virtual activities for Tukwila's older adults. Consider joining us for a nature walk in one of Tukwila's parks, pick up lunch at the Duwamish Curb Cafe', or send me

an email with your ideas for in-person small group activities or ideas for virtual activities. I'm currently taking suggestions for a new book group designed especially for Tukwila seniors. See page 2 for details.

As always, I hope you are healthy and well, and doing your best to stay positive.

Sheri McConnaughey

Senior Programs Coordinator

sheri.mcconnaughey@tukwilawa.gov

206-767-2321

MARCH / APRIL 2021

The Big Gratitude Project

90 Day Challenge

Join us to cultivate an *Attitude of Gratitude in Tukwila* with the **90 Day Gratitude Challenge!** This challenge will help us become more intentional about what we are grateful for by focusing on what is good. Beginning the week of March 1, consider what you're grateful for and share it within our Private FaceBook group, this can be done in words, memes, or pictures. Research shows when Gratitude is written down and shared it helps connect the person to the feeling and it generates a more positive emotion and deepens the impact. Get ready to experience the transformation within yourself and the ripple effect it will have all around our amazing community. Let's spread some Love, Kindness and Joy- feel free to invite your friends – participants can join anytime! To be added/invited to the group – please email marlus.francis@tukwilawa.gov Those that don't have FB can still participate, call 206-768-2822 for details.

NATURE WALKS WITH GREEN TUKWILA

Crystal Springs Park Nature Walk, March 8, 10-11am

Step back in time and visit the original spring once used to irrigate the valley that is now home to a shopping district. Learn about native plants, ecosystems, current restoration, and wildlife in the park. This walk contains multiple staircases. Group size limited to 5 ppl.

Earth Month: Litter Pick-up & Nature Walk, April 12, 10-11am

Support clean parks and enjoy a walk in Tukwila's newest park, **Duamish Gardens**. Learn how this site was used by Salish people, Italian immigrants, and how the river is a nursery for young salmon. Grabbers, gloves, trash bags are provided, along with fun facts about the land, the river, and ways to get involved. Group size limited to 5 ppl.



Register by visiting www.TukwilaWA.gov/signup or call 206-768-2822

SENIOR BOOK GROUP STARTING SOON

We are in the midst of planning a book discussion group and want to hear from you! What types of book groups would you like to participate in? What genre do you enjoy discussing most? The Tukwila Library Advisory Board and King County Library System will supply the books. Please call Sheri McConnaughey at 206-767-2321 to let her know if you are interested.




Hydration Elation & FREE Senior Fitness Classes

When was the last time you felt hydrated? You know the feeling- more energy, brain alert, less pain in the joints... and about a hundred other benefits. Drinking water is one of the best ways to thank our bodies for the hard work that it does day in and day out. Plus, it's easy and cost effective. Staying hydrated can prevent heart disease, stroke, muscles aches, and even grouchy attitudes. As we age, it can get more difficult to remember the importance of drinking water, which is why fitness instructor, Christina Luna talks a lot about it a lot in our **FREE ZOOM senior fitness classes each week**. So please, treat yourself to a tall glass of water you deserve it! **JOIN US for fitness and friend ship! Classes are held each Monday, Wednesday, and Friday from 11:00 – 11:50 am** Each class includes 30 minutes of movement, followed by 20 minutes of social time. Attendees can request to have a fitness pack delivered to their door with all the equipment needed to participate. Fitness packs are available for loan for as long as the program is offered virtually. For more information: sports@TukwilaWA.gov or 206-768-2822



Foot Care

Nurse Mary-Lou Payne accepts appointments the third Thursday of each month at the Tukwila Community Center between 8am-1pm. Reserve an April appointment by calling 206-767-2321. Bring a towel and plan to wear a facemask while in the building. A basic health and temperature screening is required when entering TCC. The fee is \$25, cash or check, directly to Mary-Lou.

**King County
Library System**
Tukwila Library REOPENS
March 3, 2021
Learn More
<https://kcls.org/locations/154/>

Free Minor Home Repair for Qualified Tukwila Homeowners

Spring and summer are a great time to take care of home preventive maintenance activities that you may have neglected. Tukwila's free minor home repair program can address a wide range of health and safety issues that include, but are not limited to repair or replace caulking, leaky sinks or toilets, plugged drains, secure or install railings, broken steps, stair grips, install accessibility modifications such as grab bars, shower adapters, replace faucets, or fix broken outlets, replace light bulbs, and install GFCI outlets.

Our contractors can handle small electrical, plumbing, and small carpentry. Qualification is easy. Present your evidence of income, and complete an application. Tukwila Human Services staff will screen your work for eligibility and assign a contractor to your project. As funding is available homeowners are eligible for up to \$5,000 per household annually, with a maximum lifetime cap of \$10,000. To determine whether you qualify, contact Tukwila Human Services at 206-433-7180.

**FREE TAX HELP!**
Now - April 18th
visit: www.FreeTaxExperts.org
or call 2-1-1



Community Services

HYDE SHUTTLE: Need to go to shopping? Get a haircut? Visit a friend? The Hyde Shuttle is a FREE van service for seniors and people with disabilities living in Tukwila. You can ride anywhere within the service area set up by Senior Services. Shuttle Hours are Monday-Friday from 9:00am-4:00pm. Call 206-727-6262 to schedule a ride.

MULTI-SERVICE CENTER'S ENERGY ASSISTANCE PROGRAM: Seniors experiencing financial challenges may be able to receive assistance with utility bills. Payments are made directly to service providers and the level of assistance depends on type of housing, income, household size, and home energy use. Assistance is provided on a first come, first served basis, depending on funding availability. Call the 24-hour appointment line at 253-517-2263. Listen carefully and have a pen and paper available.

VOLUNTEER TRANSPORTATION: Sound Generations of King County – Volunteer Transportation Program helps isolated, frail, low-income elderly who are without other transportation options to their medical appointments. Volunteers taking people to and from appointments and waiting with them until they are ready to return home. To be eligible you must be a King County resident aged 60 or older, be able to transfer into a private vehicle with minimal assistance and have limited transportation options. Call (206) 448-5740 or 1-800-282-5815 by Tuesday (or before!) for any rides the following week.

Senior Meal Services

DUWAMISH CURB CAFE': Hot, healthy lunches available for curbside pick-up each Tuesday. Must reserve one week in advance by calling 206-767-2321.

March 2 – Spaghetti, Vegetable, Fruit

March 9 – Vegetable Lasagna, Vegetable, Fruit

March 16 – Corned Beef and Cabbage, Vegetable, Dessert

March 23 – Chicken Fajita, Rice, Fruit

March 30 – Lemon Pepper Baked Cod, Potatoes, Dessert

A suggested donation of \$3.00 for those 60+, and \$6.00 for those under 60 is required.

Reserve by calling 206-767-2321

MEALS ON WHEELS: Are you or someone you know homebound or having difficulty getting meals? We are part of "Meals on Wheels" network and deliver meals each week to those that are homebound. Orders are taken on Mondays and delivered Thursdays. Call 206-448-5767 for information or visit www.seniorservices.org/foodassistance/mealsonwheels

OPERATION SENIOR MEAL DROP: Tukwila residents aged 60 and over can receive free meals.. Seven frozen meals are provided each week to support seniors that are staying home during the Coronavirus pandemic. If interested, please leave a message at 206-767-2321.